

Lakeview Hospital Diabetes Education Program Presents: **Free Diabetes Community Lecture And Support Group**

Meetings are held the second Wednesday of each month, except December, at 7:00 p.m. Lecture will be presented first, with support group meeting after. Each month there will be a recipe of the month. All lecture topics will be diabetes related, given by professionals in the field. The following lists the lecture topics and times for the year 2006:

January 11, 2006	Cholesterol Control and Diabetes The Importance of managing Cholesterol In Diabetes	George Christophiades, R.Ph, Pharm D. Pharmacist
February 8, 2006	The Exercise Prescription The "Free Diabetes Medication"	Tawnya Zeidler Exercise Physiologist
March 8, 2006	Sick Day Rules How to Manage Diabetes during Illness	Jennifer Petersen, R.N. ER Nurse
April 12, 2006	Portion, Portion, Portion The Importance of Portion Control in Diabetes and Weight Mangement	Nancy Gibson-Fagg, R.D.C.D., C.D.E. Certified Diabetes Educator
May 10, 2006	Diabetes and Your Feet The importance of Proper Foot Wear	Bruce Barton Certified Pedorthist
June 7, 2006	Grocery Store Tour How to Shop for Healthy Eating	Mesha Fagg, R.D.C.D., C.D.E. Certified Diabetes Educator
July 12, 2006	Stress Management Tips to Control Stress Affect on Diabetes	Jean Weinberger Social Worker
August 9, 2006	What's New and What's Tried and True Diabetes Medications	Koby Taylor, R.Ph., Pharm D. Pharmacist
September 13, 2006	Diabetes Care During Disaster How to plan for diabetes care during disaster	Jennifer Petersen, R.N. ER Nurse
October 11, 2006	Supplement What? Are Supplements Needed?	Nancy Gibson-Fagg, R.D.C.D., C.D.E. Certified Diabetes Educator
November 8, 2006	What is a Trans-Fatty Acid? How Fat Intake Can Affect Your Diabetes	Mesha Fagg, R.D.C.D., C.D.E. Certified Diabetes Educator

Lakeview Hospital, 630 East Medical Drive, Bountiful, Utah
First floor, Community classroom, 7:00 pm.
If you have questions, please call (801) 299-6868